

Man shot after being mistaken for animal

HUNTING An Edmonton man is recovering from a gunshot wound after he was mistaken for an animal by a hunter over the weekend.

The man and two buddies were hunting in woods southwest of Edson when he was shot by another hunter.

The accused shooter was hunting with two friends when he allegedly mistook the Edmonton man for an animal and fired a shot that hit the man in the leg.

The 29-year-old man suffered a life-threatening injury and was rushed to hospital in Edson where he received initial treatment, then taken to Edmonton for surgery.

Stephen Holland, 24, of Hinton has been charged with careless use of a firearm and criminal negligence causing bodily harm.

VICTORIA HANDSIDES/
METRO EDMONTON

Election 2008 pg 7

- **Lawrence Martin's National Report**
- **Politicians' families on mudslinging**
- **Liberals unveil party platform**

Your Money pg 10

Cruising in a recession

Charges laid in stabbing

Police rule out gang, drug activity in weekend slaying of 24-year-old

JEFF CUMMINGS
jeff.cummings@metronews.ca

A 32-year-old man has been charged with second-degree murder, one day after a 24-year-old man was stabbed to death near Whyte Avenue.

Police say the 24-year-old man was involved in a fight Sunday morning between two groups of people who were unknown to each other sometime around 2:45 a.m.

The fight started between three men in a car and two men and a

woman who were walking in an alley south of Whyte Avenue, moments before the same car was seen going down the wrong way on Gateway Boulevard near 81 Avenue.

The man, who was found in the car by police, was taken to hospital where he later died.

Investigators recovered a knife at the crime scene in the alley Sunday and an autopsy on the victim is scheduled for this morning.

Police don't believe drugs or gang activity are factors in the homicide.

Charged is Ralph Eu-

Cops seek traffic-conscious witnesses

Police hope someone saw separate killing on road cams

• Police spokeswoman Karen Carlson says police are hoping someone may have witnessed a separate weekend shooting online, through a traffic moni-

toring camera on 170 Street near Whitemud Drive.
• The traffic cameras do not record footage, Carlson confirmed.

gene Pike, currently in custody.

He made a brief court appearance yesterday and is due back in court Oct. 21.

Police, meanwhile, haven't made any arrests in a fatal westend shooting that happened 30

minutes before the 24-year-old was found by police.

Police say shots were fired at a silver Infinity car that was headed east-bound on a road that connects 170 Street to Whitemud Drive.

A male passenger was

reportedly seen by witnesses running from the car before police arrived, said police.

Police are looking for a small white car that's believed to have fled the scene of the drive-by shooting.

An autopsy on the man, who is known to police, was scheduled for today, but the man's identification and the cause of death has yet to be released.

ShareYourViews

edmontonletters@metronews.ca

Oilers Shouldering a loss



Vancouver Canucks' Juraj Simek, left, and Edmonton Oilers' Rob Schremp collide along the boards during the first period of their game in Edmonton last night. The Canucks edged the Oilers in a shootout to win 4-3. **Story, page 12.**

Hollywood style chase in Riverbend

INVESTIGATION Two people were unharmed in a drug-related shooting in the city's southwest Saturday night after two vehicles were seen pushing against each other on Terwilliger Drive.

Police say a black Escalade SUV and a red truck were first seen bashing against each other in the area of 23 Avenue and Rabbit Hill Road before shots were fired from the Escalade toward the truck on Terwilliger Drive around 8 p.m.

The truck ended up on a grass brim near the road and police said the two people found inside the vehicle were unharmed.

Police say they haven't identified the suspects and their investigation continues.

METRO EDMONTON

EDMONTON JOB FAIR

Wednesday, October 15, 2008

12:00 – 6:00 pm

Shaw Conference Centre - Salon 8/9
9797 Jasper Ave., Edmonton, AB T5J 1N9

REGISTER TO ATTEND

www.nasinstitute.com

Exhibitors at the Fair include Academy of Learning, Xerox Canada, Easyhome, JV Driver Projects, Northern Crane Services, Save on Foods, Paladin Security Group, Bell Distribution, Edward Jones, Immigrant Access Fund, NorQuest College, University First Class Painters, Investors Group Financial Services Inc, Concordia University College of, Canadian Forces Housing Agency, Siemens Laserworks Inc, The Dominion of Canada, General Insurance Company among many other recruiting organizations.

smarter offer

There is no better time to get your hands
on smartphones that do it all.

Visit a Bell store • 1 888 4-MOBILE • bell.ca



3G Samsung Instinct™

\$129⁹⁵

with a \$100
Fun bundle discount
on a 3-yr. term¹
(\$479.95 no term)



3G Double-flip™
Samsung u740

\$49⁹⁵

3-yr. term²
(\$299.95 no term)



3G BlackBerry® Pearl™
8130 smartphone

\$0

with a minimum \$45
voice and data plan
on a 3-yr. term³
(\$449.95 no term)



LG Rumour™

\$0

3-yr. term³
(\$249.95 no term)

Bell smartphones
just got
better

Available at the following Bell stores:

CALGARY

509 - 2nd Street, S.W.
1002 17th Ave. S.W.
9650 Harvest Hills Blvd. N.E.
Beacon Hill Center
Chinook Centre
Crowfoot Crossing
Deerfoot Meadows
Deerfoot Outlet Mall
Eaton Centre
Market Mall
Marlborough Mall -kiosk
North Hill Shopping Centre -kiosk
Northland Village
Shownessy Village
Southcentre Mall
Southcentre Mall -Kiosk
Southpointe Shopping Centre
Sundridge Mall
Westbrook Mall

CANMORE

105 - 802 Bow Valley Trail

EDMONTON

3918 White Mud & 17th St.
6143 28th Ave.
9774 170th St.
10103 107th Ave.
10157 - 101 St.
12804 82nd St.
14808 Stony Plain Rd
18563 Stony Plain Rd
Bonnie Doan
Edmonton City Centre
Edmonton City Centre kiosk II
Kingsway Garden Mall
Landorey Mall
Mill Woods Town Centre
Northgate Centre
Shenwood Park Mall
South Edmonton Common
Southgate Mall -kiosk
St. Albert Centre
St. Albert Trail at 137 Ave.
West Edmonton Mall
Westmount Centre
Whyte Avenue at 107 St.

EDSON

330 45th St. Unit 104

FORT MCMURRAY

19 Riedel St.
Peter Pond Shopping Centre

GRANDE PRAIRIE

Prairie Mall

LEDUC

4916 50th Ave.

LETHBRIDGE

Lethbridge Smartcenters
Park Place Shopping Centre

LLOYDMINSTER

Lloyd Mall

MEDICINE HAT

Carry Drive Plaza
Medicine Hat Mall

RED DEER

Bower Place Shopping Centre
Parkland Mall

SPRUE GROVE

Creekside Centre

Also available at these participating retailers:

CALGARY
Connect All

LETHBRIDGE
Protek Communications
Centre Village Mall

booth
the telephone booth

«WIRELESSWAVE»

Offer ends September 30, 2008. Available with compatible devices within Bell Mobility high speed mobile network coverage areas. Other monthly fees, i.e., e9-1-1 (75¢), system access (not a government fee) (\$8.95), and one-time device activation (\$35) apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. (1) With new activation on a monthly voice plan with a min. Fun 15 bundle. Rebate applies on device before taxes in-store or on the account otherwise; allow 4 to 6 weeks. You must keep the Fun bundle for 12 months after activation, otherwise a one-time data service price adjustment of \$95 will be charged on your account. (2) With new activation on a monthly voice plan. (3) With new activation on a monthly voice plan and a data feature with a total min. value of \$45/mo. Samsung Instinct is a trademark of Samsung Electronics Co., Ltd., and its related entities. Double-flip is a trade-mark of Bell Canada. BlackBerry®, RIM®, Research In Motion®, SureType® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Rumour is a trademark of LG Electronics Inc. Windows Live is a trademark of Microsoft Corporation in the United States and/or other countries.

Highwire walker taking on extreme challenge in South Korea

An Alberta man is heading for a death-defying competition halfway around the world. Flyin' Bob Palmer will be going to Seoul, South Korea, to walk across the Han River in the Extreme Highwire Walking World Championship and will be attempting to tiptoe his way to a \$20,000 prize on a three-centimetre thick wire, suspended 22 metres in the air.

METRO EDMONTON

3

Local



Still blowin' in the wind

A 67-year-old rock and folk icon is coming to Rexall Place next month. Bob Dylan will be including Edmonton as part of his eight-stop Western Canadian Tour Oct. 29. Tickets for the show will go on sale through Ticketmaster at \$45.50, \$65.50 and \$79.50.

METRO EDMONTON

Season Premiere
9 Tonight

OPPORTUNITY
KNOCKS

Citytv

ROGERS

Man with camera in pool changing room charged

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

A quick-thinking young mother landed a suspect in cuffs over the weekend, after he was attempting to videotape her and her young son in a swimming pool change room.

At around 7 p.m. Saturday, the woman and her son were at West Edmonton Mall Water Park, changing in a family change room, with her husband close by.

The alleged pervert reached his arm over top a cinderblock wall with a video camera, attempting to film the woman while she was changing.

"His arm was reaching over enough with the camera, so that when the mother spotted it, it ironically resulted in his capture by her husband who was out in the change area," said EPS spokesman Dean Parthenis.

After the woman screamed for help, her husband came running and

was able to restrain the voyeur until police arrived. "If someone finds themselves in a situation like this young mother did, she did the right thing by drawing attention to herself and the situation," Parthenis said.

Darrin Otto George, 41, was charged with voyeurism and mischief.

Though it is not yet known if there were other videos on the camera, investigators are reviewing the tape, Parthenis said.

Pedestrian dies after being struck by Jeep

Police had their hands full early Sunday morning, because within the same hour that two men were murdered on opposite ends of the city, another man died on city streets after being struck by a vehicle.

At around 2:45 a.m., officers rushed to the scene at 45 Street and 137 Avenue, with information that a man had been hit by a Jeep.

A group of people had crossed 137 Avenue going south and stopped on the middle median to wait for traffic to slow down before going the rest of the way.

One person in the group, a 25-year-old man, allegedly ran across the eastbound lanes, despite desperate calls from the group to stop.

At the same time, an east-bound Jeep collided with the

man, causing fatal injuries.

The man was rushed to hospital, but was pronounced dead on arrival.

Speed and alcohol were not considered factors in the crash. Police spokesman Jeff Wuite confirmed the driver was not impaired, but could not confirm whether the victim was under the influence.

VICTORIA HANDYSIDES/
METRO EDMONTON

Election Whistle stop



Green Party Leader Elizabeth May makes a campaign whistle stop in Edmonton, at the Via rail station on 121 street near the Yellowhead. May is campaigning by rail across the country in order to reduce emissions caused by planes and highlight the importance of rail infrastructure that the Green party supports.

REUTERS/GETTY IMAGES

News in brief

TRIAL A man up on 27 careless driving charges stemming from an accident May 20, 2005 that killed six oilpatch workers and injured 21 others, pleaded not guilty yesterday to all charges against him. Inderjit Singh Virk, appeared yesterday in Court of Queen's Bench and with the assistance of a Punjabi interpreter, repeated "I am not guilty" after each of the charges. The horrific crash took place when the semi-truck Virk was driving slammed into a bus full of oilpatch workers en route from Fort McMurray to Edmonton.

METRO EDMONTON

metronews.ca

What's online today.

Read Allan Small break down last week's Wall Street drama and Guidy Mann on the perils of delayed refugee claims at www.metronews.ca/live
Watch three B.C. students discuss their lucrative black market candy dealings, flouting a ban on junk food in school vending machines at www.metronews.ca/canada

Want a Better Paying Career? Call CDI Today!

School of Business

- Accounting and Payroll Administrator
- Business Administration - Management
- Oil and Gas Administrative Assistant
- Policing and Protection Services
- Professional Legal Assistant
- Travel and Tourism

School of Health Care

- Medical Administrative Assistant
- Pharmacy Technician

School of Technology

- Help Desk Analyst
- Network and Internet Security Specialist

Classes
Starting
Soon!

» Call Today for your FREE Individual Career Assessment! » Multiple Start Dates

CDI COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

Edmonton North • City Centre

1-888-245-6567 cdischool.com



Three prominent Albertans were recognized for their vision and commitment in creating Kananaskis Country, an area where preservation, recreation and a working forest now co-exist. Former Premier Peter Lougheed, Clarence Copithorne and Bill Milne were honoured at the Barrier Lake Visitor Centre and the Bill Milne trail this week. **METRO EDMONTON**

Media too focused on suspects?

JEFF CUMMINGS
jeff.cummings@metronews.ca

Intense media coverage of those accused of murder in high profile cases, like the violent beheading death of a Greyhound passenger last summer, only encourages imitators, says a renowned threat expert.

Kevin Cameron, executive director for the Canadian Centre for Threat Assessment and Trauma Response in Vancouver, said



Kevin Cameron, a threat expert, speaks to media yesterday.

profiling criminals and suspects in those cases — instead of focusing on the victims — draws the atten-

tion of copycats.

"(The coverage) provides all kinds of information, and insight and justifica-

tion, for other high risk potential imitators," Cameron said.

He spoke to the media during a workshop for 150 parole officers, police and campus security yesterday at the University of Alberta.

Cameron also said Canadian media coverage focuses too much on criminals, along with hypothesizing justifications for their actions.

"We need to see a message that this sort of thing

is not justifiable," said Cameron.

Cameron said a good example is the intense media coverage of Vince Li, a man accused of killing and beheading Tim McLean on-board a Winnipeg-bound Greyhound from Edmonton.

Many newspapers and broadcasters featured stories on Li's life in Edmonton, including reports that he was a newspaper carrier and that he worked at a local Wal-Mart.

University gives back to athletes

PROGRAMS Para-athletes in the Edmonton region will soon get the training they need — everything from performance testing and strength and conditioning to diet advice — all under one roof.

The University of Alberta yesterday announced that athletes and coaches will now be able to access training programs at the university through a new provincially funded centre aimed at improving athletic ability.

"There really wasn't much out there for me when it comes to training," said Ben Biermann, a 17-year-old sledge hockey player.

METRO EDMONTON

TIME IS MONEY

Spend just 90 minutes with Teach Me To Trade® and we'll show you our proven system for trading **Smarter - Safer - Better!**

Bull Market, Bear Market or Flat Market...

You **CAN PROFIT** in any stock market condition when you learn our **4 Key Principles** and trade using our **4 Step Methodology**.

ATTEND A FREE TRAINING IN

EDMONTON
SEPTEMBER 25 OR 26

**Call Now to Register
1-800-590-3012**

Or visit **www.TMTT.ca**

Additional products and services will be offered for sale. © 2000-2008 EduTrades, Inc. All rights reserved.
TMTT1193 A 8-08



Calgary Protesting clinic



Protesters gather in front of the Copeman Healthcare Centre, to disapprove of a new user-pay clinic that opened last week.

Driving deaths still rising

VICTORIA HANDSIDES
victoria.handsides@metronews.ca

SAFETY Albertans just aren't getting the message when it comes to driving responsibly, as the death toll on provincial streets and highways continue to rise, officials said yesterday.

Traffic statistics from 2007 reveal that nine out of 10 collisions in the province were caused by driver error.

Also, both the number of collisions and deaths on roads are steadily on the rise.

Among the most frequent driver errors are following too closely, running

off the road and turning left into the path of an oncoming vehicle.

"Certainly we're working through the Alberta Traffic Safety plan to address the areas that were identified of particular concern," said Office of Traffic Safety spokeswoman Marlene Anderson.

She added that though the stats are staggering for officials, no additional measures will be taken to help drivers get the message.

Collisions in 2007 increased eight per cent, for a total of 153,901. Of those collisions, 458 resulted in traffic fatalities, five less than in 2006.

News in brief

CRIME Police are looking for a man after an 18-year-old woman was sexually assaulted at knife-point north of the city's downtown Saturday morning. The woman was attacked after she was dropped off at her apartment building on 110 Street and 104 Avenue around 3:30 a.m. As the woman walked into her building, police said the suspect asked the woman for a light and then held a knife against the woman. Police say the man took the woman to the north side of the building where she was sexually assaulted. Detectives weren't alerted about the case until Sunday afternoon. The suspect is described as five-foot-eight, 25 to 30 years of age.

METRO EDMONTON

new Double Chocolate Muffin with OREO Crumble

Fresh Baked Everyday!

At participating McDonald's® restaurants in Canada.
© 2008 McDonald's, Pepsi Co. Canada Inc. Used under license / utilisés sous licence.
Oreo is a trademark of Kraft Foods Global Brands, LLC/Inc.



Always by your side

A KILLER OFFER FROM FIDO



\$17⁵⁰
per month
Plus other fees

Unlimited weekends and evenings from 5 p.m.
Unlimited incoming text messages
200 weekday minutes
Per-second billing

With 3-year Fido® Agreement

More killer offers starting at \$20 in-store.



\$15 ~~\$50~~
MOTOKRZR K1



\$25 ~~\$50~~
Samsung SGH-e747



\$25 ~~\$40~~
Sony Ericsson W380a

With 3-year Fido Agreement until September 30, 2008.



Join Fido now to find out why we're #1 in customer satisfaction. **1-866-301-3436**

A \$6.95 monthly System Access Fee (non-government fee) and a 50¢ monthly 911 Emergency Access Fee (non-government fee) apply in addition to the monthly service fee. Local airtime over the allotted monthly minutes in the monthly plan, long-distance and roaming charges and any additional services selected and applicable taxes are extra and are also billed monthly. The \$17.50 plan is available until October 31, 2008 only in the provinces of British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Québec and Nova Scotia with a three-year Fido Agreement. Plan applies to local airtime minutes only, excluding calls made and received on the expanded network, through Video Calling and calls made through Call Forwarding. There is a charge per text message received via E-mail to your Fido and for premium text messages (alerts, messages related to content, contests and promotions). Subject to Fido's Acceptable Use Policy. Some conditions apply. An Early Cancellation Fee (ECF) applies to all subscribers with a Fido Agreement. ®Fido and design and Always by your side are trademarks of Fido Solutions Inc. © 2008 Fido Solutions Inc.

FIDO STORES

Kingsway Garden Mall
Londonderry Mall
Southgate Centre

RETAIL PARTNERS

CELLULAR BABY
West Edmonton Mall
OMEGACELL
10376 78 Avenue

UNIPAGE
Mill Woods Town Centre
West Edmonton Mall
Londonderry Mall



A man arrested for allegedly stabbing a Greyhound passenger on Sunday was put on the Ontario bus by police hours before the attack, passengers said yesterday. David Wayne Roberts, 28, of Manitouwadge, Ont., is in police custody following the stabbing. Wawa municipal police said it had helped a man obtain a bus ticket earlier Sunday. SOURCE: CBC NEWS ONLINE

Canada



Deserter can stay for now

U.S. army deserter Jeremy Hinzman and his family were granted a last-minute stay of deportation yesterday by a Federal Court judge while the court decides whether to hear their appeal. Hinzman, 39, his wife and two young children asked for the stay while the court decides whether to review a decision by Citizenship and Immigration officials not to let the family remain in Canada.

SOURCE: CBC NEWS ONLINE

Meltdown hits home

Canadians stressed about economy, but experts say to relax

JIM REYNO
jim.reyno@metronews.ca



It adds up, then it takes away. A few extra cents for bread, a little more for gas, higher insurance fees — all part of the ever-increasing cost of living.

But it's not really about cost of living, it's about quality of life. More money for the essentials means less for the fun stuff — vacations, dining out, lower-bowl seats at a concert.

All work and no play — you know the rest.

And Canadians are concerned, more concerned than ever given the financial meltdown in the U.S.

According to an exclusive worldwide Metro readers poll, 65 per cent of Cana-

"Every five years, 10 years, there will be some circumstance ... and you'll panic and call me and think your world is coming to an end, as usual."

Rhonda Sherwood

ans are worried about the cost of living. That makes us the third most stressed nation, behind Portugal (83 per cent) and the U.S. (82).

According to experts, the worry is warranted.

"A lot of what's happening on the world scale right now has really affected one's quality of living, and inflation is a huge part of that," said financial planner Rhonda Sherwood of ScotiaMcLeod in Vancouver. "So I do see that as a concern."

The cost of living is the biggest financial-crisis con-

cern Canadians have, according to the poll. About 36 per cent are worried about their savings, ranking Canada fourth of the nine countries surveyed. We're fifth when it comes to concerns over job loss (16 per cent).

On the bright side, most respondents think their money is safe for now, but are monitoring the situation, placing Canada fourth (58 per cent). Thirty per cent of us have total confidence and plan to change nothing, putting us fifth.

As for advice on how to

handle the crisis, Sherwood says having a diverse, quality portfolio is the way to go. And relax.

"Every five years, 10 years, there will be some circumstance out there that will happen and your money will take a huge drop, and you'll panic and call me and think your world is coming to an end, as usual," said Sherwood. "I've been in this industry 20 years — it happens over and over again."

"What you're feeling right now is the emotion of the market. But long term, you're fine. Long term, it's a good time to be buying right now — that's what I'm doing."

A total of 2,255 readers participated in the poll, including 130 Canadians.

Quebec Car Free Day



Bloc Québécois leader Gilles Duceppe, centre, participates in World Car Free Day in Montreal yesterday. The city closed a large area of downtown to traffic from 9:30 a.m. to 3:30 p.m.

News in brief

TAINTED MILK Ottawa has expanded how many imported products will be monitored for tainted Chinese milk ingredients, but initial testing of infant formula has discovered no problems, the government said yesterday.

BUST A plantation of 40,000 marijuana plants has been discovered by police in a cornfield in eastern Ontario, CBC News Online reports. The Ontario Provincial Police described the bust as "the largest in Canada's history." METRO NEWS SERVICES



Earn up to \$31.45/hr as a Professional Home Stager.

Enroll now at the Haverhill Institute of Staging and begin an exciting career as a Professional Home Stager.

Haverhill's employer assisted job training program guarantees you full or part-time employment as a Professional Home Stager following graduation.

Starting wage \$31.45/hr. Health benefits after 6 months.

Get started today! Call now for more Details: 1.866.927.7782 or visit haverhillstaging.com



* health benefits to full-time employees. Fully Refundable Course Fee Applies.

THE HAVERHILL INSTITUTE OF STAGING & DESIGN

Fake Harper e-mails under investigation

The RCMP and Canada's electronic counter-espionage agency have been called in to investigate after someone sent out two fake e-mails under the name of Stephen Harper to subscribers of the prime minister's website mailing list. **CBCNEWS.CA**

canada 7

Election 2008

308

The numbers are in for candidates running across the country after parties had until 5 p.m. yesterday to file their nomination papers in 308 federal ridings.

CONSERVATIVES: 307

The Tories chose not to run a candidate against colourful independent MP and former radio host André Arthur in the Quebec City area riding of Portneuf-Jacques Cartier.

LIBERALS: 307

The Liberals are not running a candidate against Green party Leader Elizabeth May in the Nova Scotia riding of Central Nova.

NEW DEMOCRATS: 308

(a full slate)

BLOC QUÉBÉCOIS: 75

(a full slate in Quebec)

GREEN PARTY: 306

The Greens are not running candidates against Liberal Leader Stéphane Dion in his Montreal riding of St. Laurent-Cartierville or popular independent MP Bill Casey, a former Conservative who May has dubbed an "honorary Green" running to keep his seat in the Nova Scotia riding of Cumberland Colchester Musquodoboit Valley.

TORSTAR NEWS SERVICE

Controversy

Ex-Tory candidate under scrutiny

HALIFAX The failed Conservative candidate for the Halifax riding is now without a job and being investigated by her charity for "financial irregularities."

Rosamond Luke stepped down as a Tory candidate when it was revealed she had been convicted of uttering death threats.

At the time the charity she founded, All Women's Empowerment and Development Association (AWE-DA) issued a statement supporting Luke.

Now AWE-DA chair Brenda Saunders/Todd says Luke lied to them by saying the threats were due to her divorce. They responded by suspending Luke, with pay, and beginning an investigation.

Saunders/Todd said the investigation uncovered financial irregularities within the charity. Yesterday, Luke was suspended again, this time without pay, pending a board meeting.

PAUL McLEOD/
METRO CANADA

21 days remain until the 2008 Canadian federal election

Uncle Sam and the bridge to nowhere

National Report

Lawrence Martin



The state of the American union? You don't want to think about it. But as Canadians, we have no choice.

Wall Street? A basket case. Weapons of mass destruction all over the place.

Deficit and debt? Off the charts.

Housing market? Shambles.

Dollar? Falling.

Energy dependency? Worse than ever.

Global reputation? The pits.

Quality of presidency? A lead candidate for worst in history.

War and peace? Iraq, Afghanistan. Osama still at large.

Culture? Increasingly trashy.

Sarah Palin, John McCain's Veep pick, keeps talking about the bridge to nowhere. She might be on to something.

With George W. Hopeless as president, we knew their public sector was being turned into a wreck. Now we're discovering that the financial titans of the private sector are darn near in the same league.



Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Canadians who like to think we do things better up here will be feeling vindicated. We are spared the aforementioned afflictions. But there are obviously other things to be considered, starting with the pocket-book. The United States has been our bridge and if it's collapsing the consequences will reverberate loudly.

What to do? First is to realize that our days of wholesale dependency on the United States are over.

Forget about that old-styled bilateralism. The loosening of the bonds is already underway. For the first time in a century our exports to the U.S. are steadily diminishing.

The border is not disappearing as John Turner once predicted. Washington's security paranoia sees it being ramped up. Presidential candidates are bashing NAFTA.

Canada has come of age, is less colonially minded, is greatly empowered by its energy resources. Huge new markets are out there. It's time, finally, to get the eggs out of one basket.

As it has in the past, America will eventually get back on its feet. But unlike the last half-century, when it had no challengers to its paramouncy, a new megapower, China, is emerging. The old order, as we knew it, will never return.

Given our economic dependence on the U.S., that's a danger. But it's also an opportunity. A chance to be less beholden, to diversify, to build new bridges, to chart our own way.

Families try to ignore mudslinging: Krieber

JEFF HODSON
Metro Canada

The mud, tar and occasional puffin poop slung during a federal election can be rough on a politician's family, the wife of Liberal Leader Stéphane Dion said yesterday.

"It was painful at the beginning," said Janine Krieber, Dion's wife, in Vancouver.

"I don't think you get used to that. You just ignore it. You have to ignore that. Just to do your life."

Krieber, 53, a professor of international relations and strategic studies at the Royal Military College of Canada, got her first taste of mud in the political cartoons following the 1995 sovereignty referendum.

In 1996, Dion was recruited by prime minister Jean Chrétien to promote federalism in Quebec.

Krieber said the attacks and negative personal campaigning are common among families of people seeking public office.

BATE ARNOTT/METRO CANADA



Janine Krieber, Stéphane Dion's wife, discusses the effect political life has had on her personal life in Vancouver yesterday.

"I work with partners of Members of Parliament and each of them has a story about how ill-treated their spouse has been during an election."

Among the current (non-

puffin) attacks is a suggestion that Dion is a weak leader.

"It's totally untrue," Krieber said. "It's totally an invented character."

"The worst thing is that

it sticks. When you repeat, and repeat and repeat lies and lies and lies it seems to become true. I hate that. ... There's just no respect for the intelligence of the average Canadian."

Law & Order



Stephen Harper

Harper talks tough on youth crime

PROPOSAL Conservative Leader Stephen Harper played the law-and-order card, seeking to tap into Canadians' fear of gang violence and street crime by proposing a crackdown on youth offenders.

Accusing previous governments of being soft on crime, Harper said, "We have been going in the wrong direction for 30 to 40 years in this country and it is going to take some time to get this turned around."

Under his proposed law-and-order legislation, for the first time in modern Canada judges would have the option to sentence youths aged 14 and older to life in prison if they are convicted of first-degree or second-degree murder.

TORSTAR NEWS SERVICE

Platform

Dion pledges to balance books

STRATEGY Liberal Leader Stéphane Dion is asking Canadians to trust him with a campaign promise to take \$40 billion from their pockets in the form of carbon tax and give it back in tax cuts.

That pledge is at the heart of the Liberals' election platform unveiled yesterday, a strategy that attempts to woo voters with new spending programs and tax cuts totalling \$55 billion over the next four years.

But Dion gave his word that his party's Green Shift strategy — which would hike the cost of fossil fuels — would be revenue neutral.

Despite ambitious multi-billion-dollar campaign promises, Dion insisted yesterday a Liberal government would balance the books, thanks to various initiatives, including the carbon tax that would bring in \$40 billion in revenues and \$12 billion in so-called government efficiencies.

TORSTAR NEWS SERVICE

A former U.S. State Department employee pleaded guilty yesterday to illegally snooping on about 200 confidential passport files of politicians, celebrities and others, the Justice Department said. **REUTERS**

Take the
14-day Challenge



Eat Activia® daily
for 14 days for
positive results
on your digestive
system.*



**SATISFACTION
OR MONEY BACK**

*As part of a balanced diet and a healthy lifestyle.

World

Age of rings questioned

Saturn's rings may be more massive and older than previously thought, researchers said yesterday. Findings to be presented at the European Planetary Science Congress in Germany bolster the possibility that the rings were formed billions of years ago. **REUTERS**

Tourists seized in Egypt

Gunmen kidnap 19 people, including 11 Westerners

Masked kidnappers have taken 19 people hostage, including Western tourists on safari in a remote desert border area of Egypt, and whisked them over the frontier into Sudan, Egyptian officials said yesterday.

The kidnapping was the first of its kind in Egypt in living memory, though Islamic militants have hit the country's tourist industry in recent decades with bomb and gun attacks that have killed hundreds.

Security sources said the kidnappers were demanding \$8.8 million US to free the hostages, identified as five Italians, five Germans, a Romanian and eight Egyptians. They said there was no sign militant Islamists were involved.

"They have been kidnapped and they have been moved outside the Egyptian borders by four criminals who have kidnapped them," said Tourism Minister Zohair Garrana. "This is a gang act (by) masked men."

Garrana told Egyptian television the kidnappers were "most likely" Sudanese.

There were contradictory reports about the fate of the hostages. Egypt's foreign minister, Ahmed Aboul Gheit, said at the United Nations that the tourists had been freed and were safe and sound, but officials later said that was not the case.

"It is premature to say they are released. The negotiations are still continu-

ing," cabinet spokesman Magdy Radi said. Egypt's state news agency MENA also said talks were still under way, citing an unnamed official.

MENA reported that the tourists had spent the night of Sept. 16 in a hotel in Dakhla oasis in Egypt's Western Desert before heading out toward the Gilf al-Kebir national reserve. They had been due to reach another oasis on Saturday to end their tour, but never made it. **REUTERS**

Thailand 'Ruff' sailing as flood waters rise



A woman takes her dogs to safety through flood waters yesterday in Thailand's Lopburi province, about 150 kilometres north of Bangkok. Flash floods have damaged rice fields in northern Thailand recently but it is too early to say how the main crop will be affected, officials say.

Over 140 abducted by Taliban: Official

AFGHANISTAN Taliban insurgents have abducted more than 140 labourers involved in the construction of a military base in Afghanistan's western province of Farah, the provincial governor said yesterday.

They were seized by suspected militants on Sunday while travelling in three buses on a road in Bala Boluk district of Farah, governor Rohul Amin told Reuters. He added that authorities were trying to negotiate their release.

Both Taliban and criminal gangs are active in the area.

"Negotiations are under way by elders to release the innocent workers. We want to solve this issue peacefully without involving the military," Amin said. **REUTERS**

Nearly 13,000 in hospital as China milk crisis grows

HEALTH The number of Chinese infants sick in hospital after drinking tainted milk formula doubled to nearly 13,000 and the country's top quality regulator resigned yesterday in the latest blight on the "made-in-China" brand.

Four deaths have been blamed on the toxic milk powder, which causes kidney stones and agonizing complications.

A total of 104 of the 12,892 hospitalized chil-

Fears spread

• Brunei, Singapore, Malaysia, Hong Kong, Taiwan, Japan, Bangladesh, Gabon, Burundi and the Philippines are some of the countries testing Chinese dairy products or pulling them altogether.

dren were in a serious condition.

The official Xinhua news agency said in a brief state-

ment that the country's quality chief, Li Changjiang, had quit in light of the case.

"Li was the highest ranking official brought down so far by the dairy product contamination scandal," it said.

The Communist Party chief of Shijiazhuang, home to the Sanlu Group that is at the centre of the scandal, has also been fired, Xinhua said, the latest official to lose their job for mishandling the incident. **REUTERS**

News in brief

PAKISTAN Gunmen kidnapped Afghanistan's top diplomat to Pakistan yesterday after killing his driver, underscoring worsening security in the country two days after a suicide bomber killed 53 people. British Airways said it had suspended flights to Pakistan because of security fears after the Saturday evening attack on Islamabad's Marriott Hotel. Arabiya TV reported that the little-known group Fedayeen Islam (Partisans of Islam) has claimed responsibility for the bombing. **REUTERS**

Game maker wins patent battle over slot machines

Gaming products maker Aristocrat Technologies won a patent battle with International Game Technology over infringement of two patents used in slot machines yesterday, as an appeals court tossed out a lower court's ruling in IG's favour. **REUTERS**

9

Business

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONews.CA

Business in brief

ECONOMY Canadian retail sales inched up just 0.1 per cent in July, a sign that consumer spending is slowing due to high prices and the economy.

DEPARTURE Sallie Krawcheck, head of Citigroup Inc.'s wealth

management unit, will step down from her post.

APPOINTMENT Australia's Francis Gurry will start Oct. 1 as the new head of the World Intellectual Property Organization. **REUTERS**

METRO Edmonton

10123 - 99 Street NW
Edmonton, AB T5J 3H1
Tel: 780-702-0592

Advertising:
adinfoedmonton@metronews.ca

Editorial:
metroedmonton@metronews.ca
Distribution inquiries:
edmonton_distribution@metronews.ca
metro_inquiries@metronews.ca
edmontonletters@metronews.ca

Local:

Publisher, Steve Shrout
Managing Editor, Rob McLaughlin
rob.mclaughlin@metronews.ca
Marketing Manager, Blaine Schlechter
Distribution Manager, Jim Hillman

National:

Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Art Director, Laila Hakim
National Sales Director, Susan Courtney
Interactive Director, Jodi Brown

Edmonton's #1 read FREE DAILY newspaper. Source: NADbank 2007/08; base: Edmonton CMA



Metro is the world's largest newspaper, with more than 23.1 million daily readers in 100 major cities in 23 countries. **metronews.ca**

Bailout doubts

Industry debates plan's viability

The planned \$700 billion US bailout to shore up the battered U.S. financial system looked set to drag in to next week as Washington lawmakers haggled over how exactly they could make Wall Street pay for its rescue.

Stocks and the U.S. dollar tumbled yesterday as emerging details of the plan left many players skeptical that the rescue — which would give the Treasury Department powers to buy up toxic mortgage-related debt from financial groups — would work.

"The big detail we want to know is how is the government going to buy these securities, and what they will pay, how that reverse auction will work," said Giri Cherukuri, head trader at Oakbrook Investments. "And the big ques-

tion is: 'Will this bring us out of the woods?'"

A day after America's last two big investment banks, Goldman Sachs and Morgan Stanley, secured Federal Reserve approval to become commercial banks, all eyes shifted to Washington.

U.S. Treasury Secretary Henry Paulson and Federal Reserve Chairman Ben Bernanke have a second day of congressional hearings today to hasten approval of the bailout.

REUTERS**CEO pay cuts?**

High CEO pay is the hot issue as lawmakers propose buying up toxic mortgage securities and banks, whose executives are among the highest paid in corporate America despite big losses.

Photokina A photogenic kitty

A model displays the Canon EOS 5D MarkII one day before the opening of the Photokina 2008 World Fair for Imaging in Cologne, Germany, yesterday. The fair runs until Sept. 28.

N.A. FASHION/REUTERS

Market squeeze could hurt wireless sector

WIRELESS Tight debt and equity markets mean that newcomers to Canada's wireless sector could be delayed in launching services to compete with the big three carriers, analysts say. Obtaining financing to

build a network could prove difficult because of the meltdown in the U.S. financial services sector.

This could hinder newcomers from becoming competition, a key aim for the auction. **REUTERS**

AIR CANADA VACATIONS

Fly in style *stay in style*
and save

Looking for air only
Visit **aircanada.com**
for the freedom to fly your own way.

aircanada.com

Nassau, Bahamas via Toronto
EARN 4,210 AEROPLAN MILES* PER MEMBER

**Comfort Suites
Paradise Island • 3★**

Continental breakfast
Standard junior suite
Oct. 13, 20 & 27 • 3 nts.
Complimentary access to all Atlantis facilities

\$1139

Plus taxes & other fees: \$278.

Atlantis Paradise Island • 5★

Beach Towel - terrace rm.
Oct. 5, 12, 19 & 26 • 4 nts.
4th night FREE

\$1219

Plus taxes & other fees: \$278.

Grand Cayman via Toronto
EARN 4,950 AEROPLAN MILES* PER MEMBER

Comfort Suites • 3★

Continental breakfast • Studio rm.
Oct. 12 & 19 • 1 wk.

\$1309

Plus taxes & other fees: \$285.

Grand Cayman via Toronto
EARN 4,950 AEROPLAN MILES* PER MEMBER

**Sunshine
Suites Resort • 3 1/2★**

Continental breakfast • Studio rm.
Nov. 5 & 12 • 3 nts.

\$1559

Plus taxes & other fees: \$285.

Barbados via Toronto
EARN UP TO 11,450 AEROPLAN MILES*

**Amaryllis
Beach Resort • 3 1/2★**

Garden view hotel rm.
Nov. 4-27 • 3 nts.

\$1339

Plus taxes & other fees: \$295.
Based on Tues, Wed. & Thurs. departures.

**Almond Casuarina
Beach Resort • 4★**

All-Inclusive • Standard rm.
Oct. 23 • 3 nts.

\$1549

Plus taxes & other fees: \$295.

Bermuda via Toronto
EARN 3,850 AEROPLAN MILES* PER MEMBER

Surfside Beach Hotel • 3★

Deluxe rm. • Oct. 12-25 • 3 nts.

FREE breakfast & dinner daily*

\$1479

Plus taxes & other fees: \$287.

**The Fairmont
Hamilton Princess • 5★**

Fairmont rm. • Oct. 16 & 23 • 4 nts.
4th night FREE &
\$300 gift card per room per stay*

\$1629

Plus taxes & other fees: \$287.

aircanadavacations.com



CONNECT FREE³ Calgary • Lethbridge • Nanaimo • Regina • Saskatoon

Call 1 866 529-2079 or your travel agent

Prices in this ad are valid for bookings made between Sept. 23 & 27/08. Prices are per person based on double occupancy, unless otherwise stated, from Edmonton International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. *Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger, and are awarded on flight-inclusive travel only, and are per Aeroplan member. ■ Earn 6,450 Aeroplan Miles. Earn an additional 5,000 bonus Aeroplan Miles if booking is made by Oct. 15/08 for departures between Oct. 1 & Dec 15/08. *Visit aircanadavacations.com for more details. *Available in conjunction with flight-inclusive packages. Non-stop flights via Edmonton. Excluding USA & Europe destinations. ■ Aeroplan is a registered trademark of Aeroplan Limited Partnership. *Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

BMO	CIBC	ICICI	ING	PCF	RBC	Scotia	TD
1.0%	0.2%	3.4%	3.0%	3.05%	2.75%	2.25%	0.05%

Note: Please check bank websites as some rates require a minimum account balance.

Interest rates/Savings accounts
METRO NEWS SERVICES

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

HiSAVE Savings Account

Apply online: icicibank.ca

3.40% CS

ICICI Bank

All interest rates are expressed as a per annum basis and are subject to change any time without notice. Interest on HiSAVE Savings Account is calculated on the daily closing balance and paid monthly. ICICI Bank and logo and the HiSAVE name are registered trademarks.

Stocks: Risky business

Q My wife and I have several thousand dollars invested in Guaranteed Investment Certificates. This will be used to buy our first home. GIC interest rates are low. I believe we can get greater returns in the stock market. Many stocks have historical returns of 10-15 per cent returns. My wife disagrees and wants nothing to do with them. Is this the right time to buy Canadian stocks while they are low?

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

their investment. With our so-called stock experts reeling and baffled, this may not be a place for an unsophisticated investor. Most stock experts agree, investors in the market should not panic to sell if they are in for the long-term. GICs are not exotic or adventurous as stocks but the interest is guaranteed and principal safe. If you need your savings in the short-term, the stock market is not for you.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcg@yahoo.ca.

A These are very tumultuous times. Last week's stock market's rollercoaster ride is a reflection of uncertainty in the market. The U.S. financial meltdown has global implications and not just restricted to North America.

Speculation in the current market is not for individuals that cannot afford to lose a large portion of

Solace in a recession

SmartCookies



With gas prices on the incline, the job market on the decline and signs of the real estate market softening, a feeling of discouragement is to be expected.

As times get tougher, reigning in our spending and paying down our debt should be our first strategy when it comes to recession proofing. However, in the face of adversity, there is always opportunity. In true Smart Cookie style, we have chosen to focus on the silver lining of this black financial cloud. Below are some tips on ways you can capitalize on our current financial climate: **Stock Up On Small Cap Stocks**

Drops in the financial markets may present op-

portunities for your investment portfolio and educating yourself around some of the best prospects for investment can be as easy as looking to the past.

Recent research by MZ Capital Management found that three years after the past nine recessions, small cap stocks outperformed large cap stocks by nearly 50 per cent. This comparison looked at the performance of the S&P 500, which reported an average return over a three-year period of 28.2 per cent versus 76.2 per cent for the Fama/French Small Cap Value benchmark portfolio.

Of course, before making any investment decisions, we recommend that you do your research, speak to your financial planner or someone you know who is knowledgeable when it comes to investing.

Get Onboard Cruise Travel
Even amid soaring fuel prices, the cruise industry has been offering competi-

"... Home renovations and repairs are the one area where we are likely to see prices decrease instead of just freeze."

tive packages to entice North American travellers to get into cruise travel. If you are looking to get away, why not take advantage of one of these deals? Many cruise lines are even offering discounted or free airfare as well as the option for kids to sail free. A spokesperson at Expedia Cruiseship Centers says that cruising prices are at a three year low, with current deals available for as little as \$500 for a Royal Caribbean Cruise.

Renovation Jubilation

Although the assessed value of your home may not be as high as it was a year ago, now may be a great time to consider ren-

ovations. Sound crazy? In a softer economy, wait times on construction projects generally drop and trades people, who are more likely looking for work, are often willing to barter.

According to the Consumer Association of Canada, home renovations and repairs are the one area where we are likely to see prices decrease instead of just freeze.

Questions? E-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small



How is the U.S. government's financial bail-out going to affect the markets? Read this week's column at metronews.ca

CANADIAN INTERNATIONAL ORGAN COMPETITION

A WORLD PREMIERE IN MONTRÉAL

OCTOBER 8-19, 2008

16 COMPETITORS FROM 11 COUNTRIES

1st ROUND
OCTOBER 8-9-10
IMMACULÉE-CONCEPTION CHURCH

2nd ROUND
OCTOBER 13-14
SAINT-JEAN-BAPTISTE CHURCH

FINAL ROUND
OCTOBER 17
NOTRE-DAME BASILICA

CONCOURS INTERNATIONAL D'ORGUE DU CANADA
CANADIAN INTERNATIONAL ORGAN COMPETITION

FREE ADMISSION
SUGGESTED DONATION: \$5
WWW.CIOCM.ORG
514 510-5678

FOUNDING PARTNERS



FOUNDING GOVERNMENT PARTNERS

Québec Montréal

BROADCASTING PARTNERS



How much can YOU save on car insurance?



Everyone has a savings number. What's yours?

InsuranceHotline.com

Your Search Engine for the Lowest Insurance Rates

All these people saved big by going online and using InsuranceHotline.com. See how much you can save on car insurance and find your number.

InsuranceHotline.com can help you find the best price by quoting over 30 major insurance companies and arranging them by the 3 lowest rates.

It's fast, safe and FREE.

Annual savings shown based on actual consumer quote data and results on InsuranceHotline.com

GET THE 3 LOWEST RATES FROM OVER 30 MAJOR INSURANCE COMPANIES

Go online to InsuranceHotline.com

Money-saving tip

Going to the computer lab on campus can take a lot of time and printing there can be costly. Make printing easier and affordable by having an all-in-one printer in your room.

NEWS CANADA

Student Cents

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

by the numbers

Drinking can have both financial and social consequences, a new report shows.

Not only can tying one on get expensive, it can have serious social consequences. A U.S. report released in 2007 by The National Center on Addiction and Substance Abuse at Columbia University, the result of four years of research, revealed the following:

- 1,717 deaths from unintentional alcohol-related injuries in 2001, up 6 per cent from 1998
- A 38 per cent increase from 1993 to 2001 in the proportion of students injured as a result of their own drinking
- A 21 per cent increase from 2001-2005 in the average number of alcohol-related arrests per campus. In 2005, alcohol-related arrests made up 83 per cent of campus arrests
- 97,000 students were victims of alcohol-related rape or sexual assault in 2001
- 696,000 students were assaulted by a student who had been binge drinking in 2001

- CONSUMERAFFAIRS.COM

No money? No problem!

Students can still have fun if they're broke: Experts

BRIAN TOWIE
brian.towie@metronews.ca



The weekend's on its way and you're looking for something to do. You open your wallet to find nothing but pennies and lint. What now?

To rephrase a rap song by the late Notorious B.I.G.: No money, no problems. Fun doesn't always mean you have to spend cash. There are various ways to fill your social calendar, possibly without dropping a dime. You just

need to show a little ingenuity and keep your ear to the ground.

"Having no money can be a good thing for people who want to have fun, because it forces you to think outside of the box, to come up with new ideas," according to Sam Gruszecki, director of strategic initiatives at Meet Market Adventures, an event planning service for singles. "It's all about being creative, and if everybody's having fun, they appreciate it that much more."

Instead of throwing



One of the best ways students can save money is to skip the alcohol and go for coffee with friends instead, experts say.



One way to have fun with your friends without spending money is to get together to play organized sports, such as flag football.

around your dough, you can try the following, according to Gruszecki: Play board games in the park, build sandcastles on the beach, ferment your own alcohol, get people together for organized sports like flag football or build a birdhouse.

Even the arts can come cheap. Indie bands and budding actors often perform at local pay-what-you-can venues, a much more cost-effective way to see live theatre or music than paying more than \$100 to see a big-name production. You'll find listings for these events in local free papers, and your local campus newspaper.

"There are a couple of key things you can do. Pick up one of those free papers that heavily cover the local entertainment scene —

they're full of listings of things to do for people who have next to no money," says Chris McGrath, student affairs representative at the University of Toronto's Mississauga campus. "Early in the semester, there might even be some free festivals going on in your city, you can have a look around. Also check your campus paper for what's new: You can find out about any new clubs or organizations."

Students are getting wiser with their cash, says McGrath, and one of the best ways to save it is to not drink. He says that more often, in the interest of preserving their funds (and their livers), undergrads are opting to leave the hooch out of the fun.

"The average weekend for a student might run be-

"Having no money can be a good thing for people who want to have fun, because it forces you to think outside of the box."

Sam Gruszecki

tween \$20-\$40; it really depends on what they're doing though. Times have really changed. We're finding that students are getting wiser with their money," he said. "Booze is expensive. Pubs are rapidly becoming a kind of community centre for students, spaces where students are choosing not to drink. They might have a coffee and chat all afternoon."



GET AN RBC NO LIMIT BANKING FOR STUDENTS® ACCOUNT FOR A CHANCE TO

WIN A VESPA

PLUS 1 of 3 SONY BUNDLES A DAY!

rbcp2p.com/playforfree

CREATE A BETTER STUDENT LIFE.



RBC Royal Bank®

*No purchase necessary. Contest runs from August 5th, 2008 at 9:00 a.m. (EST) and ends October 30th, 2008 at 11:59 p.m. (EST). Draws for daily winners begin Sept. 2 and grand prize draw on December 15th, 2008. Only one entry per person. Open to Canadian residents who are aged 17 and over. There are 185 prizes available to be won. Approximate retail value of all prizes is \$252,000.00. Odds of winning depend on the number of eligible entries. A correct answer to the skill-testing question is required. For full Contest rules and how to enter without purchase, please visit www.rbcp2p.com/freetoplay/rules. © Registered trademark of Royal Bank of Canada. Trademarks of Royal Bank of Canada. Royal Bank of Canada, 2008.

New Orleans tight end Jeremy Shockey will undergo sports hernia surgery this week, keeping the Saints' new offensive target out three-to-six weeks, the team confirmed yesterday. Shockey has recorded 16 catches for 151 yards in New Orleans' first three games this season. **METRO NEWS SERVICES**

Sports

EDITOR: SPORTS@METRONEWS.CA



2010 World Cup mascot unveiled

The mascot for the 2010 World Cup in South Africa was unveiled in Johannesburg yesterday, with FIFA opting for a leopard named Zakumi, left, for the showpiece football tournament's first visit to Africa. The name is a composition of "ZA," standing for South Africa, and "kumi" translating into "10" in various languages across Africa.

METRO NEWS SERVICES

CFL has itself a messy week

YorkReport

Marty York

marty.york@metronews.ca

The CFL has provided better football this season than it has in years, possibly decades, but this past weekend was less than winsome for the league.

In fact, it was downright disastrous. All four games produced negative story lines. Consider:

Friday night: The Tiger-Cats lost to the Winnipeg Blue Bombers in Hamilton after botching a snap on a short field-goal attempt in the dying seconds. Not a bad game, especially for greenhorn backup **Quinton Porter**, who'll likely replace **Casey Printers** — the CFL's highest-paid player — as Hamilton's starting quarterback.

Thing is, the Ticats made a terrible choice to black out TSN's game broadcast in parts of southern Ontario, preventing the area's viewers from seeing an emotional farewell to CFL legend **Ron Lancaster**, who died last week, as well as tributes to **Doug Flutie**, **Michael "Pinball" Clemons**, **Mike Pringle** and other luminaries inducted into the Canadian Football Hall of

Matthews on a cold streak

Don Matthews has lost eight of his past nine games as a CFL head coach. On Saturday, his Argonauts are in danger of

losing their third consecutive game by 30 points. The Calgary Stampeders are 10-point favourites in Toronto.

Fame in Hamilton.

"Black out any game you want," said **Mike Morreale**, marketing chief for the CFL Players Association, "but not when we're honouring the men who made this league."

Saturday night: The Argonauts were thoroughly dominated by the Stampeders in a 34-4 rout in Calgary. Four measly points is inexcusable in the high-scoring CFL. And painfully dull.

Since **Don Matthews** resurfaced as the Argos' coach, his team has been outscored 73-13 in two games. Pathetic.

Saturday night: The Lions were beating the Roughriders in Saskatchewan when fans decided to pelt beer cans at the B.C. bench. The team left the sidelines briefly.

The CFL is investigating and likely will beef up stadium security. As well, it'll start penalizing home teams for fans' misconduct of this nature.

"Even (Lions receiver) Jason (Clermont) is embarrassed to say he was born and raised (in Regina)," B.C.

kicker **Paul McCallum** said. "I don't know what the fans are thinking. It's a football game. We're on the sidelines trying to work. Can you imagine if I go to some guy's work and ... start firing projectiles at him? Where's the common sense? I don't get it."

Sunday: The Eskimos fumbled five times and equalled the Argos' ineptitude by producing a mere four points against the Alouettes in Montreal's 40-4 slaughter.

Coach **Danny Maciocia** called his team's performance "terrible" and its worst since he joined Edmonton in 2002.

Also terrible was the fact the game was aired on TSN2, which isn't carried by English Canada's largest cable distributor, Rogers.

Mind you, considering what a fiasco this mismatch was, perhaps depriving so many viewers from watching it was the most positive development for the CFL on the weekend.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.



Vancouver Canucks' Shaun Heshka, left, checks Edmonton Oilers' Erik Cole from behind during last night's game in Edmonton. The Canucks beat the Oilers 4-3 in a shootout.

Canucks top Oil in a shootout

Canucks 4 Oilers 3 (SO)

The Edmonton Oilers blew three separate leads before losing 4-3 in a shootout to the Vancouver Canucks in pre-season action last night at Rexall Place.

Sheldon Souray scored 1:21 into the game to give the Oilers a 1-0 lead, but Canucks responded just over a minute later to tie the contest. Eric Cole made it 2-1 just over six minutes into the game but the Canucks again tied the game.

Sam Gagner scored a shorthand goal in the second period, which looked

like it would hold up to be the winner. That is until Vancouver made it 3-3 with just over five minutes left to play in the third.

Kyle Wellwood and Jason Krog scored for the Canucks in the shootout, while Gagner was the only Oiler to find the net.

In other pre-season games last night:

Bruins 8, Canadiens 3 — Vladimir Sobotka and Marco Sturm each tallied twice as Boston crushed Montreal, 8-3, at Halifax Metro Centre.

Rangers 2, Senators 1 — Henrik Lundqvist stopped all 12 shots he faced in two periods, as the New York Rangers edged the Ottawa

Senators, 2-1.

Maple Leafs 7, Sabres 4 — Dominic Moore scored twice, as the Toronto Maple Leafs roughed up the Buffalo Sabres, 7-4, at Air Canada Centre.

Penguins 3, Lightning 2 — Tyler Kennedy's power-play goal broke a tie in the third period, lifting the Pittsburgh Penguins to a 3-2 victory over the Tampa Bay Lightning.

Flyers 4, Devils 1 — Steve Downie scored twice for Philadelphia.

Kings 2, Blues 1 — Wayne Simmonds scored the game-winning power play goal in the third period.

METRO NEWS SERVICES



Do it daily.

Wants to send you to the



Sep 26 - Oct 4

www.edmontonfilmfest.com

You won't miss a single movie because Metro is giving away a pair of Edmonton International Film Festival Passes

To enter send you name and contact information to winning@metronews.ca. Be sure to include the winning word in the subject line which is "DIVA".

Contest closes on Sep 24 at midnight. Approximate value of prize is \$200. Winner must answer a mathematical skill testing question to obtain prize. Full rules and regulations available at www.metronews.ca/win

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Cincinnati 7, Florida 5
Cleveland 4, Boston 3
Kansas City 6, Detroit 2
Tampa Bay 4, Baltimore 2
Oakland 4, Texas 3 (11 innings)
L.A. Angels at Seattle
NATIONAL LEAGUE
Arizona 4, St. Louis 2
Chicago Cubs 9, N.Y. Mets 5
Cincinnati 7, Florida 5
Philadelphia 6, Atlanta 2

TODAY'S GAMES

AMERICAN LEAGUE
Tampa Bay at Baltimore, 3:05 PM
Cleveland at Boston, 5:05
Kansas City at Detroit, 5:05
N.Y. Yankees at Toronto, 5:07
Oakland at Texas, 6:05
Chicago Sox at Minnesota, 6:10
L.A. Angels at Seattle, 8:10
NATIONAL LEAGUE
Atlanta at Philadelphia, 5:05

Chicago Cubs at N.Y. Mets, 5:10
Florida at Washington, 5:10
Cincinnati at Houston, 6:05
Pittsburgh at Milwaukee, 6:05
Arizona at St. Louis, 6:15
San Diego at L.A. Dodgers, 8:10
Colorado at San Francisco, 8:15

CFL

WEST DIVISION
W L T PTS
Calgary 8 4 0 16
Saskatchewan 8 4 0 16
EDMONTON 7 5 0 14
B.C. 7 5 0 14

EAST DIVISION

W L T PTS
Montreal 8 4 0 16
Winnipeg 4 8 0 8
Toronto 4 8 0 8
Hamilton 2 10 0 4

WEEK 14

FRIDAY'S GAME
EDMONTON at Winnipeg, 6
SATURDAY'S GAMES

Calgary at Toronto, 5
Hamilton at B.C., 10

SUNDAY'S GAME

Saskatchewan at Montreal, 11
NFL
WEEK 3
LAST NIGHT'S RESULT
San Diego 48, N.Y. Jets 29
WEEK 4
SUNDAY'S GAMES
Arizona at N.Y. Jets, 11
Minnesota at Tennessee, 11
Denver at Kansas City, 11
San Francisco at New Orleans, 11
Atlanta at Carolina, 11
Cleveland at Cincinnati, 11
Green Bay at Tampa Bay, 11
Houston at Jacksonville, 11
Buffalo at St. Louis, 2:05
San Diego at Oakland, 2:05
Washington at Dallas, 2:15
Philadelphia at Chicago, 6:15

MONDAY'S GAME

Baltimore at Pittsburgh, 6:30

Sports in brief

NBA Shareef Abdur-Rahim, a 12-year NBA veteran most currently with the Sacramento Kings, announced his retirement yesterday.

NBA Green Bay Packers' Al Harris has a ruptured spleen and could possibly miss the rest of the season, according to a report by the Green Bay Press-Gazette yesterday.

NFL Washington Redskins' Jason Taylor is expected to miss at least one game.

METRO NEWS SERVICES

Insurance

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

The great protector

Insurance is all about being prepared, as a boy scout might say.

When you're listing off interesting subjects, insurance might rank with "best cities in Canada to watch the grass die," but we rely on insurance to get us through our lives on a day to day basis, without giving it much thought. It protects you, your family, your possessions and your business. In fact, without insurance, it's pretty safe to say that life as we know it would be much different.

Canadians know how important it is to hedge against potential losses. Insurance is the family's fifth-largest expenditure, according to Statistics Canada. Canadians spend more than \$40 billion on insurance every year, according to stats from the Insurance Bureau of Canada and the Canadian Life and Health Insurance Association. An expensive proposition to be sure, but policy holders know it's money well-spent should a basement flood or a sound system be stolen.

Insurance comes in many forms — car, home, tenant, business, but health ranks among the most important, especially in years to come, says Mark Halpern, a certified financial planner for insurance provider illnessProtection. He argues that as the baby boom generation gets older and their health deteriorates, demands on health care will rise exponentially to a level where access to federally funded care will become even more limited.

"The most important thing to have insured is your ability to generate an income. You don't protect



Insurance can protect you and your family.

the egg so much as you protect the goose that laid the egg," he said. "The reality of which people must be aware, and not enough are, is that we're living longer, and our health-care system is not prepared for it. The government will not be able to take care of the elderly. People need a guarantee."

Life insurance is equally important in the sense that it protects your family from financial loss after you die, argues Sam Albanese, director and founder of the financial services practitioner program at Seneca College. Morbid as this may sound, you're literally taxed into the grave. Once you pass on, the government will look to those you leave to satisfy the capital gains tax. If you didn't leave enough or if you don't have some sort of final plan, it may liquidate assets that you left to loved ones, making them foot the bill for your death.

"No one dies for free. Tacky but true," he said. "Think of Ottawa as a partner, albeit silent, as you go through life. Once you die,

"The government will not be able to take care of the elderly. People need a guarantee."

Mike Halpern

it's not so silent. Everything you've got is taxable, and you'll need money to pay the capital gains tax. You can leave your family devastated, or you can make sure your loved ones are taken care of by leaving them in a good position."

Like any investment, with insurance, it's usually better to start sooner rather than later. Fixed rates and lower premiums come easier with younger, healthier policy holders, the experts agree. It always pays in long run, notes Halpern, to think about how you'll manage the future, and insurance makes up an integral part of your plans.

"There's almost nothing worse than financial worries," he says. "The sooner you get started, the better off you'll be."

METRO NEWS SERVICES

Car insurance myths debunked

• **Myth:** The colour of my car affects my insurance premium.

• **Fact:** Factors that determine premiums include the vehicle's year, make, model, body type and engine size. Colour is not one of them.

• **Myth:** If I use my car for work and have an accident, my employer's insurance will cover it.

• **Fact:** Your employer may reimburse you for mileage, but your own insurance provides coverage in case of an accident. If you use your vehicle

for work, you should be advising your broker of this use.

• **Myth:** Parking tickets increase insurance premiums.

• **Fact:** Parking tickets do not affect insurance premiums. But a licence suspension from unpaid fines can affect your driving record, resulting in higher insurance premiums.

• **Myth:** If my friend borrows my car and has an accident, their insurance will pay for damages.

• **Fact:** If you lend your car, you lend your insurance. Any claims will be made under your policy, even if you were not involved in the accident.

• **Myth:** Auto insurance companies can charge what they want.

• **Fact:** Auto insurance is subject to significant regulatory requirements. Insurance companies must submit their automobile insurance rates to government agencies for approval.

NEWS CANADA

How much can YOU save on car insurance?



Everyone has a savings number. What's yours?



InsuranceHotline.com

Your Search Engine for the Lowest Insurance Rates

All these people saved big by going online and using InsuranceHotline.com. See how much you can save on car insurance and find your number.

InsuranceHotline.com can help you find the best price by quoting over 30 major insurance companies and arranging them by the 3 lowest rates.

It's fast, safe and FREE.

Annual savings shown based on actual consumer quote data and results on InsuranceHotline.com

RATE COMPARISON

Driving Record	Lowest Price	Highest Price	Price Difference
Clean Record	\$958	\$2,213	\$1,255
1 Ticket	\$1,018	\$2,552	\$1,534
1 Accident	\$1,849	\$3,753	\$1,904

Rates between insurance companies can vary by 100's, even 1,000's of dollars for the same car and driver.

Look at this chart.

GET THE **3 LOWEST RATES**
FROM OVER 30 MAJOR INSURANCE COMPANIES

Go online to
InsuranceHotline.com

Health



Drink fewer...

One soft drink a day — even the sugar-free kind — jacked up blood pressure risk by 18 per cent, according to a 2007 study published in *Circulation*. Its author, Harvard Medical School instructor Ravi Dhingra, says the high caramel content in some soft drinks may promote blood vessel inflammation, which in turn increases blood pressure. High caffeine and taurine levels in energy drinks are also known to elevate heart rate. **BEST HEALTH MAGAZINE/BESTHEALTHMAG.CA**

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

If the shoe fits ... or doesn't

Some opting for cosmetic surgery on feet

CELIA MILNE
for Metro Canada



Are you longing for a pair of high-heeled, pointy-toed boots for fall? Wish you had Sarah Jessica Parker's slender tootsies?

Use common sense to figure out whether those sexy boots in the store window are realistic for you.

Foot surgeons, especially in the U.S., are reporting that women will go to extreme lengths to get their feet into glamorous boots and shoes.

The most radical operations are toe shortening, foot narrowing, toe amputation and injecting silicone into the ball of the foot to add more padding.

Orthopedic surgeons generally don't do foot surgery unless the patient is in pain or can't function properly, but that doesn't stop some women from asking for purely cosmetic

foot surgery. "Patients really want it. They will deal with the pain afterward. They want to wear that shoe," says Dr. Donald Bohay,

"Patients really want it. They will deal with the pain afterward. They want to wear that shoe."

Dr. Donald Bohay, a spokesperson for the American Foot and Ankle Society and an orthopedic surgeon in Grand Rapids, Mich. "We don't operate willy-nilly, we want to make sure the benefit is worth the risk."

The problem is, he says, is "to make the foot prettier, you make it worse."

Risks of foot surgery include infection, nerve injury, pain, deformity and swelling that can last as long as six months. "It doesn't make sense to put yourself at risk for something that is cosmetic," says Dr. Bohay.

Dr. Bohay has had women ask him to shorten one of their toes because their feet look bad in sandals. He always says no to cosmetic foot surgery, but fears another health-care practitioner will eventually say yes. "If someone wanted it badly

enough, they could find someone to do it. It wouldn't be right, but they could find somebody."

In Canada, says Dr. Johnny Lau, president of the Canadian Orthopaedic Foot and Ankle Society, the problem exists but is less prevalent. "It's done in the U.S. — shortening toes. I get people walking in occasionally (asking for the operation), but it is



The shoes of actress Sarah Jessica Parker, who is famous for wearing the type of glamorous shoes and boots some women get cosmetic surgery to fit into.

JUNO KIMURA/GETTY IMAGES

more common for Americans." Dr. Lau — like other foot and ankle surgeons — only operates on people who are in pain or who can't function properly. "I do turn people away," says Dr. Lau, who is an orthopedic surgeon at University

Health Network in Toronto.

Dr. Lau is an advocate of designing shoes that fit the majority of the population, with wider toe boxes, for instance. He also hopes women use common sense when buying shoes. "Ex-

pectations to get into certain shoes are unrealistic," he says. Ironically, those he does operate on — who may have painful bunions or clawfoot — usually developed their painful condition from wearing the wrong shoes.

Health in brief

HEART RISKS Some older marathon runners may have a greater chance of suffering a heart attack than their risk factors belie, new research suggests. In a study of male marathoners age 50 and up, researchers found that, despite their high activity levels, the runners were as likely as other

men their age to have calcium buildup in their heart arteries.

HEALTHY LIVING Women who heed common sense health messages about smoking, diet and exercise can cut their risk of premature death in half, U.S. researchers said recently.

REUTERS

Find the right bra

Experts suggest re-checking your size once a year

From **Best Health Magazine**
on newsstands now
besthealthmag.ca

Bras that pinch, slip and cause bulging have no place in your wardrobe.

"Most of my customers who haven't been fitted before are wearing the wrong size bra," says Devica Bhairi of Diva Lingerie in Winnipeg. Your bra should feel like a second skin; you shouldn't be conscious of it.

The matter of a bad bra may not seem like such a serious issue, but a poorly fitted one can cause back and shoulder pain from the weight of your breasts pulling on the muscles of your shoulders, neck and lower back. With a proper fit, the parts of the bra with the most stress will be the back, the sides and the triangle in the middle.

Bra experts suggest being fitted or re-checking your size once a year. Obviously, pregnancy or weight loss or gain — even as little as five to seven pounds — can make a difference to your bra size, causing your cup or band size to go up or down. But even if your weight hasn't changed, sometimes it shifts, for example when you're premenopausal or have started a new fitness routine that bulks up your back muscles, according to Liliana Mann, owner of Linea Intima stores. Even if your cup size stays the same, you might need a bigger band. Some women even have bras to wear during their menstrual cycle. Bras that swell can go up a full cup size, says Mann.

Your bra fits when the back sits level along the same line as the bottom of



Weight loss or gain — even as little as five pounds — can make a difference to your bra size.

your breasts, the underwire covers the side of your breasts but doesn't pinch, and the triangle lies flat against your front.

How to measure yourself

To determine the number of your bra (whether you are a 34, 36 or 38, for example), wrap a measuring tape tightly around your torso,

under your breasts. For cup size, loosely wrap the tape around your torso at the fullest part of the bust. The difference between the two measurements is your cup size: One inch equals one cup size. (So, a one-inch difference is an A, a two-inch is a B, and so on.)

Best Health is on newsstands now. For more, go to besthealthmag.ca.

TORSTAR NEWS SERVICE FILE PHOTO

Do you have rheumatoid arthritis (RA)?

- Are you over 18 years of age and interested in participating in a clinical trial?
- Were you diagnosed with RA after you were 16 yrs old?
- Have you had RA for longer than 6 months?
- Are you able to perform self-care?

For more information call

780.407.2833

This trial is conducted by the University of Alberta.

You cannot be taking any of the following medications; cyclophosphamide, oral corticosteroids greater than 10 mg prednisone (or equivalent) per day, infliximab, adalimumab, etanercept.

Help kids manage stress

Routines are important to your child's level of comfort. Set a bedtime, homework time, sharing time, play time and down time. Try to keep to the schedule as much as possible.

SOURCE: CONCERNED CHILDREN'S ADVERTISERS



Monkeying around politics

The J Spot

Josey Vogels

Sex talk with Josey

In the jungle, female chimpanzees never rise to power. Which is why the current rise of female politicians like Hillary Clinton, Sarah Palin to the south and Elizabeth May here at home is so fascinating.

Before you think I'm trying to put lipstick on a monkey or implying that any of these women are apes, hear me out. According to Dr. Frans de Waal, noted primatologist author of *Our Inner Ape*, when you're a chimpanzee, achieving power is all about sex. "A male can increase his reproductive success by having access to as many mates as possible," de Waal tells me over the phone from Atlanta, Ga. where he is professor of Primate Behaviour at Emory University. "It's not the same for females. Because they can on-

ly have one baby every six years, promiscuity doesn't increase her chances for reproduction."

But while female chimps do not rise to power, female Bonobos on the other hand rule collectively. They band together to dominate males.

For women to be successful they need to have female support, says de Waal. With someone like Hillary Clinton, who is past her reproductive years, this is easier as she is no longer competition to younger women still needing access to males to reproduce.

"(Republican vice-presidential nominee) Sarah Palin surprises me because of her age," says de Waal. "I'm curious to see what will happen. My guess is that women will see her as competition if men find her sexy."

When I wonder what he makes of Green Party leader Elizabeth May's recent power coup here in Canada muscling her way into the leadership debate, de Waal says this was probably tolerated because ultimately, she is not seen as a threat.

Election 2008

It will be interesting to see how the increasing number of women on the power playing field will play out. When males, be they chimps or men, compete for power their body language conveys physical dominance. They stand tall and puff their chests out. How is that going to work with a female politician next to you?

"When [Democratic vice-presidential nominee Joe] Biden debates Palin, will he use his seniority and experience to humiliate her?" wonders de Waal. "As a society, we don't generally approve of older men humiliating younger women so will he have to be nicer to her than he would a male politician?"

According to the laws of the jungle, it may not fly.

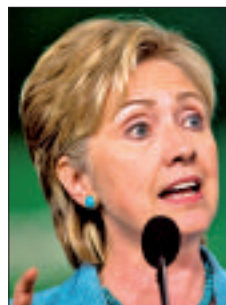
But we're no longer in the jungle, you say. And politics should be about the issues, not gender. Well, de Waal begs to differ.

"The issues or positions are actually secondary," he argues. "We react to people

on a very primal level. We're probably more influenced by how someone touches someone than what they have to say."

So, when you watch the Canadian Leadership debates on Oct. 1 and 2, you might want to consider turning off the sound.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



Contrasting the current surge of women politicians, in the jungle, female chimpanzees never rise to power. Pictured: vice-presidential nominee Sarah Palin, right, and Sen. Hillary Clinton.

Nice sweater

Save **50%** off Laser Hair Removal

Be hair-free for next summer with Elos™ technology laser hair removal and save 50% off your first treatment.

Elos is the safest, most effective and comfortable solution available today.

Edmonton
11311-104 Ave.
424-2487

St. Albert
25 St. Michael St.
460-9971

www.focus-on-you.com



FOCUS
ON
YOU
DAY SPAS

ORGANIKA

ISO 9001 certified company

Organika®'s Cal-Mag Zinc with Vitamin D3 provides the optimum daily dosage of calcium-magnesium. Calcium and Vitamin D3 are essential dietary requirements for the development and maintenance of strong bones and teeth. Magnesium acts alongside Calcium while Zinc helps boost our immune systems.

MAINTENANCE OF STRONG BONES AND TEETH

Organika®'s Cal-Mag Zinc with Vitamin D3 provides you with the ideal 2:1 cal-mag ratio for your preferred choice in a calcium supplement.

Sears Health Food Stores
Southgate Centre
11100-51 Avenue
Edmonton AB
780.438.2098

Natural Health Centre
665 Kingsway Garden Mall
109 St. & Princess Elizabeth Ave.
Edmonton, AB
780.471.4922

Natural Health Vitamins
2305 Rabbit Hill Rd.
Edmonton, AB
780.413.6488

Sears Health Food Shop
50 Kingsway Garden Mall
109 St. & Princess Elizabeth Ave.
Edmonton AB
780.479.8431 Ext. 571

Callingwood Health Centre
6655 178th St.
Edmonton AB
780.481.0157

Lose Weight... Feel Great!

With Biothera's Laser Weight Loss Management Program (LWL™)

What is LWL™?

Biothera's Laser Weight Loss Management is a complete system combining the benefits of cold laser technology along with a comprehensive nutritional program. Not only will you shed those unwanted pounds naturally without drugs, pills or side-effects, but you will look and feel better... all with one on one weight loss support with one of our Program Coordinators.

How Does Cold Laser Help You Lose Weight?

LWL™ treatments stimulates your metabolism thereby helping your body to use food more efficiently instead of storing it as fat. In addition, your appetite will be suppressed. LWL™ is also highly effective in relieving stress, which in turn will help alleviate food cravings.

To find out more about LWL™, simply call one of our clinics or better still make an appointment for a no-charge consultation.

Biothera Clinics

BIO THERA
CLINICS

West End Medical Building
Suite #202, 9509 - 156 Street
Edmonton, AB T5P 4J5
780.483.0729
edmonton@biothera.ca

Jude Law is set to star in Sherlock Holmes as Dr. Watson. The actor is reportedly being lined up to appear opposite Robert Downey Jr. in Guy Ritchie's new movie based on the fictional detective. FEMALEFIRST.CO.UK

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Tire may have blown in jet crash

PROBE A plane crash which left ex-Blink-182 drummer Travis Barker and DJ AM with Barker burns and killed four, may have been caused by a tire blowout, BBC News Online reports.



The Learjet left the runway on take-off in Columbia, S.C., on Friday, and crashed on a nearby road. A safety official said that a cockpit voice recording suggested the crew tried to abort take-off after hearing a probable blowout.

In brief

TV CBS has renewed the drama *Flashpoint* for a second season after the show hit a season high Thursday with 9.7 million total viewers, Reuters reports. Enrico Colantoni stars as the leader of a SWAT-like police team in Toronto. **METRO NEWS SERVICES**

Santogold takes control

Former music industry insider blends rock, new wave, punk on debut

BRYAN BORZYKOWSKI
for Metro Canada



For most people in the music industry, working at a major label with other bands is about as close as they'll come to rock 'n' roll glory. But, Brooklyn-based Santi White, a former A&R executive for Epic records, wouldn't settle for making other acts famous, she wanted to be in the lime-light herself.

"I knew I had to do something more creative," says White, who plays under the moniker Santogold. "I didn't have the stomach for all the corporate political bulls**t."

With the daily grind getting to her White did the next logical thing for a mu-



Santogold's self-titled debut was released in Canada last week.

sic industry insider — she wrote her own album.

While her immense talent is the main reason everyone's talking about her debut self-titled disc, it helped that she knew the ins and outs of the music

business. "It gave me the experience to know when to put my foot down," she says. "It enabled me to take control of my own project on many different levels, but while it's a lot more fun, it's way harder

being on the other side. You don't get to leave the office at 6 p.m. every day." Santogold's not complaining about her 'round the clock gig, it's just that she's one of the busiest new performers around.

There's a good reason the artist is in such high demand — by blending high energy indie rock, new wave and dance punk, White's created one of the most infectious rock records of the year. There's the intense club-ready Creator, which combines talkish vocals and wild electronic background noises, and the Stokes-meets-Tegan and Sara opener L.E.S. Artistes, but while the sounds are varied, the album's theme, which is generally about the need for the less fortu-

"I wanted to write songs that said 'We're not powerless at all, but we have to make an effort.'" Santogold

nate to speak their mind, unifies the record.

"I write about things that are relevant to me, and it's impossible not to be influenced by the current social and political climate that is more than disturbing," she explains. "People feel powerless, and so I wanted to write songs that said 'we're not powerless at all, but we have to make an effort. We have to use our brains and our voices to have any impact at all.'"

DVD picks

Sex And The City

Director: Michael Patrick King
Rating: 18A

Sex and the City smartly picks up the threads the HBO television series left dangling when it signed off four years ago. All the main players are back — writer Carrie (Sarah Jessica Parker), sex-crazed Samantha (Kim Cattrall), sunny Charlotte (Kristin Davis) and Mensaminded Miranda (Cynthia Nixon). They're no longer young women in their 20s and 30s, seeking "labels and love" in Manhattan, but mature women in their 40s (and beyond) negotiating the rocky shoals of life after singlehood. Genuine affection among the four women, and the



pain and confusion that resides within their Victoria's Secret-clad bosoms, keeps the movie from being a feature-length ode to narcissism and greed. Oh, there's oodles to ogle — designer Patricia Field supplies upwards of 300 outfits, each more outrageous than the last — and there's even some sex. But SATC is more than just a fan dance around the heavy breathing and rampant consumerism. Some serious life issues being worked on result in a chick flick that's as satisfying as a steak and as much fun as a box of chocolates. The two-disc set extends the film by 12 minutes, with commentary by director Michael Patrick King. **METRO NEWS SERVICES**

MoreOnline
metronews.ca

Studio loses Hari Puttar case

MOVIES A court in the Indian capital Delhi has rejected a lawsuit filed by Warner Bros against the makers of a Bollywood film Hari Puttar, BBC News Online reports.

The makers of the blockbuster Harry Potter films

said the title of the Indian movie was too similar.

The court said Warner Bros could have brought the case three years ago and said readers could easily distinguish Hari Puttar from Harry Potter.

METRO NEWS SERVICES

LASIK MD
VISION

Quality made affordable!

LASER VISION CORRECTION
STARTING AT

\$1/day*

OR

\$490/eye†

NEW Financing!

Dr. Richard Leger
MD, FRCSC
40 000 procedures

FREE Consultation: 780-702-2020
www.lasikmd.com
EDMONTON: Edmonton City Center West,
10200 - 102 Avenue, West Side

Ask about our
Lowest Price
Guarantee

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Payment to surgery on bill only.
† Based on 10 day interest free financing plan. All payments must be paid by Desjardins Card. Services must be approved.

Halifax | Montréal | Ottawa | Toronto | Winnipeg | Calgary | Vancouver

What's up doc?

Actress Natascha McElhone is to star in a new movie about pioneering doctor James Miranda Barry, a woman who pretended to be a man in order to qualify as a doctor.

IMDB.COM



Emmys come off as unsteady

IntelleVision



NOT SO QUIET DESPERATION: "Love TV and fear the Internet." These were the words director Barry Sonnenfeld pronounced as the music cue rose up and he rushed through the conclusion of his acceptance speech at Sunday night's Emmy Awards, after his win for the pilot of Pushing Daisies.

They are not the sorts of words you hear at a celebration of an industry that is healthy and confident and basking in what it knows for certain is its creative pinnacle.

The tone was unsteady from the start, from Oprah's surprisingly unsure delivery of her opening monologue, to the misfired timing by the show's five hosts just after that, a shambling, awkward routine that was obviously



Comedian Don Rickles

supposed to play like a parody of unpreparedness, but felt a lot more genuine the longer it rolled on.

At some point, one of the five reality TV show hosts who tag-teamed the night's emcee duties obediently read from the teleprompter, "These have

not been easy times in the world of TV — or in the world in general."

It was both true and utterly ridiculous — the industry falling back on its last reserves of self-importance to make their own crisis somehow equivalent to the financial and politi-

cal anxiety dominating the headlines.

Mad Men ended up taking home just two Emmys, for writing and best dramatic show, and these will doubtless be spun as a groundbreaking victory for the show, creator Matt Weiner and its cable network home, AMC.

The really substantial winners, however, were HBO, who took home a trough full of awards for its historical miniseries John Adams, and Tina Fey, whose wins as writer, producer and actress comprised a coronation of sorts; by the time you read this, comparisons to Mary Tyler Moore will already have become accepted wisdom.

The star of the show wasn't Fey or any of the five hosts, but comedian Don Rickles — who ran roughshod over both the teleprompter and co-presenter Kathy Griffiths, then came back to accept his own Emmy — a relic from a mostly bygone showbiz era whose unsteady appearance masked

timing and delivery that were as sharp as ever, and made everyone else on the stage that night seem plodding and inept.

It was inevitable that politics would be conspicuous in an election year, and hardly surprising that it materialized mostly as shots at either John McCain or Sarah Palin. Tommy Smothers mounted the soapbox after accepting an honorary Emmy, massaging the fine self-regard in which Hollywood holds itself with a breathless rant in which he congratulated it for being outspoken and confrontational, and which included the dread, sophomore phrase "speaking truth to power."

If there was a Barack Obama joke anywhere in there, it must have been in some unbreakable code, woven into the breakneck time signature shifts of Josh Groban's musical medley of TV show themes.

Rick McGinnis writes about music, movies, books and television, but not opera.

Mamma Mia rocking at No. 1

MOVIES The summer smash Mamma Mia! logged a third consecutive weekend atop the international box office as its total raced to \$334 million US.

The ABBA-inspired musical earned \$14 million from 48 markets in the latest frame. Including its North American take, its worldwide total stands at \$475 million.

The Angelina Jolie thriller Wanted finished at No. 2 with \$11.6 million from 34 markets, including a first-place \$7.7 million bow in Japan. Its foreign total rose to \$172.1 million. The Hollywood satire Tropic Thunder tallied \$8.1 million from 26 markets, finishing first in the U.K. (\$4.3 million), Germany and Austria. Its overseas total stands at \$29.1 million.

REUTERS

HineSight



Anne Hines

IN TOMORROW'S METRO

NEED A MORTGAGE Specialist?

Call Kelly Parkinson for all your Mortgage Needs!

780.690.4363

Job At Home

\$487.68 Weekly.

Mail Work, Assemble Products or Computer Work.

www.TopJobAlberta.com

Or Write to:

CHR Jobs, 372 Rideau St.

#916-MC1

Ottawa ON, K1N 1G7

Il through history the great religions have spoken to the return of a future Teacher. The Christians hope for the return of the Christ, the Buddhists look for the coming of a new Buddha, while the Muslims await the Imam Madhi, the Hindus a reincarnation of Krishna and the Jews the Messiah. How will we know Him? Surely He will ring our hearts with a message of sharing, justice and brotherhood. How can we prepare the way for Him? Each day brings opportunities, large and small, to act in favor of unity and justice. Our willingness to share will make a real difference in our world.

www.shareintl.org

	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/23/08	2 CFRN 239 318	eTalk	Hollywood	Law & Order: SVU	Jeopardy! (N)	Wheel-For-Tune	The Tudors (DVS)	The Biggest Loser: Families (N)	CBC News: The National	Law/Ord SVU	The Hour	Without Trace
	3 KHQ - 370	News (N)	Be-Millionaire	Jeopardy! (N)	Rick Mercer	22 Minutes	NCIS (N)	The Mentalist "Pilot" (N)	NY-Hollywood	Friends	News Hour	TJ Alberta
	4 CBXT - 307	Coronation St.	Jeopardy! (N)	The Doctors	Privileged (HDTV) (N)	90210 (HDTV) (N)	House	Opportunity Knocks (N)	Kitchen Nightmares (N)	News Hour	Rock Hudson	
	6 KREM - 372	News (N)	Hollywood	Providence (HDTV) (SC)	Entertainment	The Insider (N)	Roxy (SC)	Opportunity Knocks (N)	Le Téléjournal (SC)	Dancing With the Stars (HDTV)		
	7 CKEM 241 347	Law & Order: SVU	Privileged (HDTV) (N)	90210 (HDTV) (N)	House	Opportunity Knocks (N)	House "Not Cancer" (N)	The Biggest Loser: Families (N)	(10:01) Fringe (N)	News (N)		
	8 CTV 240 339	ET Canada	Entertainment	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	12 CBXFT 119 705	Virginie (SC)	La Factice	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	13 KXLY - 371	News	News	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	16 KAYU - 373	The Simpsons	The Simpsons	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	19 CHTV -	The Insider (N)	El News	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	22 KSPS - 374	NewsHour With Jim Lehrer	Nova (HDTV) (DVS)	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	24 WTVS - 364	American Masters (N)	My Big Fat Diet	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	15 CBCN 502 -	CBC News: The National	EarthWatch One	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	21 TWN 505 398	(5) EarthWatch One	EarthWatch One	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	27 CNN 500 500	Larry King Live	EarthWatch One	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	54 CTVN 501 391	CTV Newsnet	EarthWatch One	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	60 BNN 504 508	Squeeze Play	EarthWatch One	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	20 TSN 400 400	MLB Baseball	EarthWatch One	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	23 net 408 418	World Poker Tour	EarthWatch One	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	47 SPEED 417 406	Low Life	SuperCars	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	94 SCORE 410 403	Poker: Canadian Open	Super Tonight	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	9 EDAC 267 351	Help TV	Old Christine	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	14 YTV 552 543	Drake & Josh	Malcolm-Mid.	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	17 TREE 553 546	Little Bear	Miss Spider	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	42 TOON 555 545	World of Quest	Johnny Test	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	45 FAM 557 541	Zoey 101	Life Derek	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	- TVA 121 714	TVA 18 heures	Le Cercle (SC)	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	18 CMT 575 583	Reba	Hope & Faith	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	25 A&E 615 520	The First 48 (HDTV) (N)	The Cleaner "Rebecca"	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	26 MMM 571 581	Listed	Don't Forget the Lyrics!	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	29 FOOD 603 561	HEAT-McEwan	HEAT-McEwan	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	31 SHOW 617 522	Wife Swap (N)	Top Chef	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	32 DISC 520 505	Smash Lab "CO2 Cop Car"	After the Catch (N)	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	33 SLICE 601 562	Rich Bride, Poor Bride	Plastic-Perfect	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	34 W 602 567	Shopping Bags	Style by Jury	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	35 TLC 521 560	Mystery Diagnosis	Dr. G: Medical Examiner	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	36 BRAVO 620 523	Buffy St. Marie	Celtic Roots	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	38 SPIKE 628 584	CSI: NY "Sweet 16"	CSI: NY "Raising Shane"	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	40 HIST 522 506	Tony's Law	NCIS	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	41 COM 626 547	Laughs	Comedy Now	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	43 SPACE 627 528	Battlestar Galactica	Rabbit Fall	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	44 WPCN 294 605	MLB Baseball	Family Guy	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	46 OLN 411 457	Angry Planet	Surf Patrol	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	48 TROP 619 525	Planet Soap	Big Screen	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	50 STAR 621 527	Paparazzi	Paparazzi	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	52 HGTV 600 564	Colin & Justin's Home Heist	The Stagers	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	65 TLM 700 800	48 Ore	Raymond	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	92 APTN 269 590	News	Closer-Home	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	93 VISION 261 394	Quantum Leap	The Aga Khan	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	100 MTV 581 566	Making the Band 4	From G's to Gents (N)	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	101 MM 570 580	So You Think You Can Dance Canada (DVS)	Revue	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	102 CPAC 512 396	(6:30) Headline Politics	Missing Link Near-death.	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	103 CLT 526 507	Missing Link Near-death.	Mysterious Ways "19A"	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	105 TV5 145 761	Himalaya	Champ. nature	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		
	106 RDI 126 730	Le Téléjournal (SC)	RDI en direct	Providence (HDTV) (SC)	Entertainment	The Insider (N)	House "Not Cancer" (N)	American Masters (N)		News (N)		

critics' corner

The Mentalist

"Psych" meets "House," in this new drama series, Aussie hunk Simon Baker ("The Devil Wears Prada") plays Patrick Jane, a protocol- and boundary-challenged consultant to the California Bureau of Investigation. His mad observational skills are so keen that he could pass for a psychic, and in fact, he has. Robin Tunney plays his boss, Dr. Lisa Cuddy — er, make that Senior Agent Teresa Lisbon, who's driven nuts by Patrick's antics but has to admit he's good at his job. 10 PM on KREM



The Cleaner

A gifted teenage pianist turns to meth to cope with the pressures of her life. The girl's father, who has been reluctantly supporting her habit out of fear of losing her, seeks out William's (Benjamin Bratt) help. But the team runs into problems with her mother, who suffers from obsessive-compulsive disorder. William comes to the conclusion that the family needs to be healed before he can help the girl. 8 PM on A&E



Shrek: The Musical, based on the hit movie, has opened in Seattle and proven so popular that producers are looking to take it to Broadway in New York.

Celebrity Buzz

Scarlett: I'm not a statue

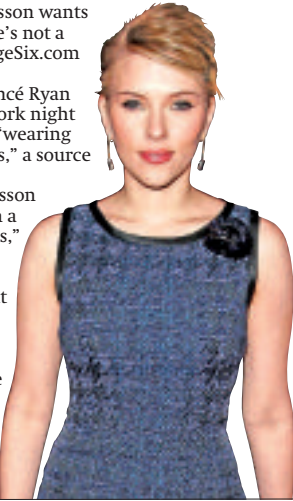
PEOPLE Scarlett Johansson wants everyone to know she's not a tourist attraction, PageSix.com reports.

The actress and fiancé Ryan Reynolds hit a New York night spot the other night "wearing matching bowler hats," a source said.

Even though Johansson was "dressed down in a black blazer and jeans," the doorman recognized her.

The source said that "the doorman asked to take a photo with Scarlett" but she snapped, "I'm not the Statue of Liberty" before heading inside.

METRO NEWS SERVICE



celebrity briefs

Beckham not such a Posh shopper

PEOPLE Victoria Beckham buys her clothes from flea markets, femalefirst.co.uk reports. The former Spice Girl can't resist buying second-hand clothes and admits her own designs are often inspired by her finds.

"I don't really go shopping anymore, apart from the flea market I go to every Sunday. You can get some amazing vintage stuff there," said

Beckham. "That's often where I get inspiration for my designs."

The 34-year-old, who has often been criticized for her slim physique, has also revealed she is eating and exercising more.

Beckham added she has learned to deal with negative comments and is "proud" of what she has achieved in her life.

"I don't really give a s-t what people think of me. I'm more grown up now and I've learned not to care so much about what people say." METRO NEWS SERVICE



Jada's in charge when it comes to discipline

PARENTING Jada Pinkett Smith has revealed she is the disciplinarian when it comes to her three children — because husband Will Smith is so easy-going, imdb.com reports.

The Hollywood couple has three children together, Trey, Jaden and Willow, and the actress admits she is the one who has to

get tough with them.

"He's (Smith) so lenient on that stuff. Daddy tends to (say), 'Yeah! Have chocolate cake for dinner! It's all right with me.' I'll come home and it's just, 'Has anyone had lunch?'"

"Yeah, I had some Frosted Flakes!" she tells People.com.

But the star admits it's not a tough regime in the Smith household.

"We're not strict but we definitely believe it's a very important component for rearing children. It creates safety for them. They understand that they need guidance."

METRO NEWS SERVICE



Did Moss' partying ways cost her a boyfriend?

PEOPLE Model Kate Moss is "gutted" after reportedly splitting with rocker boyfriend Jamie Hince, imdb.com reports.

The 34-year-old has endured a rocky relationship with the Kills frontman, and the model's reported party-loving lifestyle is apparently to blame for the split.

"Kate is gutted because she really loves Jamie. They had even talked about marriage and kids," a source tells Britain's Daily Star newspaper. "But she

is not ready to change her lifestyle and probably never will. I doubt any man could tame her because that's who she is. Jamie told her he was fed up with her reluctance to stop partying and she just flipped. They just can't agree on it and it had become too much."

METRO NEWS SERVICE



Catherine keeps herself out of kitchen

PEOPLE Actress Catherine Zeta-Jones has a simmering secret — she is useless in the kitchen, imdb.com reports.

Zeta-Jones, married to actor Michael Douglas, confesses she can't cook even a simple

meal without the aid of a microwave. She says she is so bad at baking that she once nearly set her

kitchen on fire.

"I'm a terrible cook," the actress tells Sky Movies magazine.

"I can microwave chicken nuggets well ... I actually burnt a pan once. There wasn't a fire but it was smoking and I got a little scared."

"So that was the first and last time I tried to cook."

METRO NEWS SERVICE



THE
FIELDS
OF SUMMERSIDE



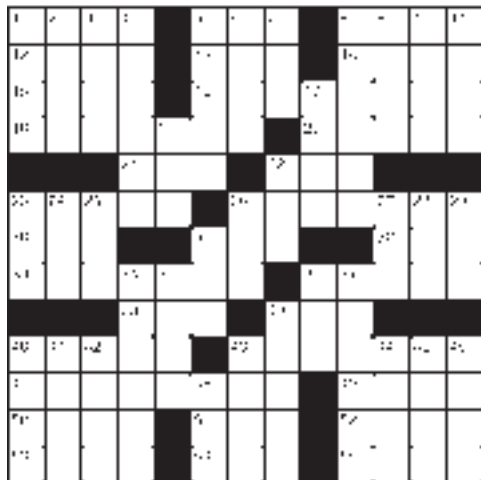
780.423.6931
www.melcor.ca

MELCOR
DEVELOPMENTS LTD.

SHOWHOMES OPENING SOON



Take Five



Crossword across

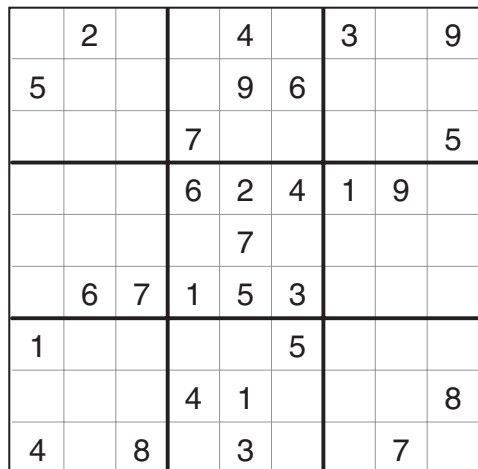
- | | |
|---------------------------|-------------------------------|
| 1 Ballet leap | 32 Eggs |
| 5 Suitcase | 33 Sovereign's representative |
| 8 Dad | 36 Slumber |
| 12 On | 38 Mouth part |
| 13 Before | 39 Colouring |
| 14 "American —" | 40 Reacted to fireworks |
| 15 New Mexican tribe | 43 Emulator |
| 16 Do figure eights, e.g. | 47 Result of "once bitten" |
| 18 Slaloms | 49 Uninteresting |
| 20 Analyze grammar | 50 Campsite structure |
| 21 Rhyming tribute | 51 Storm center |
| 22 "A mouse!" | 52 Cupid's alias |
| 23 Bolivian metropolis | 53 Probability |
| 26 "Have a —!" | 54 Foolish one |
| 30 "— Yankee Doodle ..." | 55 Anger |
| 31 Enthusiast | |

Crossword down

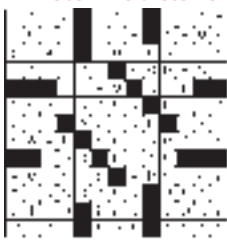
- | | | |
|--------------------------|----------------------|-------------------------|
| 1 Satchmo's specialty | 19 Wood-shaping tool | attraction |
| 2 Needle case | 22 One (Ger.) | 36 Morning star |
| 3 Grip ice from a bucket | 23 Actress Ullmann | 37 "... nor a — be" |
| 4 External parasites | 24 Parisian pal | 39 19th president |
| 5 Ecru | 25 — -10 Conference | 40 Director Pre-minger |
| 6 Curved lines | 26 Aye canceler | 41 Didn't pay yet |
| 7 "Golly!" | 27 Female deer | 42 Rear |
| 8 Jasmine relative | 28 "Hail, Caesar!" | 43 Wherefores' partners |
| 9 Hebrew month | 29 Shriek bark | 44 Atmosphere |
| 10 Cookware | 31 Dandy | 45 Online journal |
| 11 Sheltered | 34 Votes into office | 46 Otherwise |
| 17 Detail, for short | 35 Carnival | 48 Vast expanse |

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	7	8	2	9	5	1	3	4
4	2	5	1	3	6	7	8	9
9	3	1	8	7	4	6	2	5
3	6	7	9	1	2	5	4	8
2	1	4	7	5	8	9	6	3
5	8	9	6	4	3	2	7	1
1	4	3	5	2	7	8	9	6
7	5	6	4	8	9	3	1	2
8	9	2	3	6	1	4	5	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- | | | | |
|--------------------|---------|-----------------|-----------------|
| Under 13 min | Genius | 17-21 min | Smart |
| 13-17 min | Scholar | 21-25 min | Not bad |
| | | 25+ min | Keep practising |

Recipe of the day



COOK SMART FOR A HEALTHY HEART

Low-fat Barbecued "Ribs"

Meat doesn't get much fattier than pork ribs, but you can get the same flavour by substituting with pork tenderloins which cuts the fat by 90 per cent.

INGREDIENTS:

- 2 pork tenderloins (about 340 grams each), trimmed of fat
- 1 medium red onion, chopped
- 1 medium red bell pepper, seeded and chopped
- 3 cloves garlic, minced
- 1 cup ketchup
- 1/2 cup chili sauce
- 1/4 cup unsulfured molasses
- 3 tablespoons Worcestershire sauce
- 2 tablespoons light brown sugar
- 2 teaspoons chili powder
- 2 teaspoons mustard powder
- Hot red pepper sauce, to taste

METHOD:

1. Soak four 30-cm (12-in.) wooden skewers in water for 30 minutes. Butterfly pork, cut into "ribs" and thread onto skewers. Cover and refrigerate.
2. Place oven rack in the upper third of oven and preheat to 230°C (450°F). Spray a jellyroll

pan with cooking spray. Spread vegetables in the pan. Roast, tossing frequently, until brown and tender, about 15 minutes.

3. Transfer to a food processor. Add ketchup, chili sauce, molasses, Worcestershire, sugar, chili powder, and mustard, and red pepper sauce. Purée. Pour into a saucepan. Cover and cook over medium-low heat, stirring occasionally, until bubbling. Remove 1 cup sauce for basting and keep remaining sauce hot.

4. Spray barbecue grill generously with cooking spray and preheat to medium. Baste both sides of pork with sauce. Grill until cooked through, turning and basting every 4 minutes. Serve with the remaining sauce on the side.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients** in this month's Reader's Digest, on newsstands now!



Horoscopes

ARIES
MARCH 21-APRIL 20
Take the time to shoulder the burden of a bad choice. Failure will cause a loss of respect. An elder will have an excruciating episode.



LIBRA
SEPT 23-OCT 23
You'll surprise everyone by taking fearless action. You need hours to just putter around. An endearing buddy doles out kindness and love.



TAURUS
APRIL 21-MAY 21
Reduce unnecessary duties or you'll be wiped out. You'll have an impact on strangers. A difficult person will relax after an explanation is given.



SCORPIO
OCT 24-NOV 22
Verify a story before confronting a bad guy. Sneakiness gives you a reason to wonder. Mistakes are made because of pride.



GEMINI
MAY 22-JUNE 21
Don't discuss money with a stubborn person. Normalcy returns after a new romantic attempt. Reveal your feelings to someone who is curious.



SAGITTARIUS
NOV 23-DEC 21
Help others to avoid falling for a practical joke. Someone is missing due to illness. You'll be concerned about attention-seeking.



CANCER
JUNE 22-JULY 22
Adventure plays a part in the outcome of problems. A fantastic situation will open your eyes. A delayed call back disturbs the night.



CAPRICORN
DEC 22-JAN 20
Confusion is the basis for a discussion. Don't walk away from a predicament. A phone call can give you comic relief.



LEO
JULY 23-AUG 23
Shaky emotions will force you to speak your mind. A distressed friend is going through a separation. Teach someone the benefits of friendship.



AQUARIUS
JAN 21-FEB 18
Pamper yourself as soon as possible. An unwelcome invitation will be refused. You won't get flustered by anything.



VIRGO
AUG 24-SEPT 22
A loved one wants to argue every point. Remain calm when a disturbing crash is heard. Your passion creates unity at a gathering.



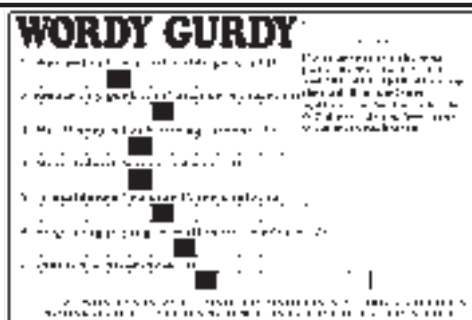
PISCES
FEB 19-MARCH 20
Your mood and persona is dynamic. Emotional issues cannot be ignored. Surrendering to selflessness can make you psychic.



This day in history

- SEPT. 23, 1845: The Knickerbockers Baseball Club, the first baseball team to play under the modern rules, is founded in New York.
- SEPT. 23, 1846: Discovery of Neptune.
- SEPT. 23, 1889: Nintendo Koppai (later: Nintendo Company, Limited) founded by Fusajiro Yamauchi to produce and market the playing card game Hanafuda.
- SEPT. 23, 1972: Philippine President Ferdinand Marcos announces the implementation of martial law and signs General Order No. 1 which orders the arrest of opposition leaders, media censorship, banning travel to other countries, abolishing the Philippine Congress, establishing dictatorial government, take-over or sequestering of public and private corporations.

METRO NEWS SERVICES



CLINIQUE BONUS

FINAL DAYS!



ONLY AT
THE BAY

Clinique. Allergy tested. 100% fragrance free.
*Quantities are limited. One Bonus to a client please, per event. While supplies last.
Offer ends September 28, 2008.

Hurry in and discover CLINIQUE'S cherished favourites in your exclusive Bonus.

Yours free* with any CLINIQUE purchase of \$26.50 or more. A \$60 value.

Great time to try Even Better™ Skin Tone Corrector

This lightweight serum creates - for all skin tones - a notably more even complexion with a brightness you thought long gone. Gently, visibly, measurably improves the look of discolourations and dark spots to create a more even tone. 30 mL. **\$53**



SPECIAL BONUS

With every **Clinique** gift with purchase receive a coupon for **\$15*** off in the women's intimates department! *\$15 off any purchase of \$75 or more (before taxes). Coupon valid September 9th to 30th, 2008. One coupon per customer. While quantities last.



BEAUTY
at the Bay